

DRUG FACTS

Active ingredient(s) Purpose

Use(s)
reduces withdrawal symptoms, including nicotine craving, associated with quitting smoking

Warnings

Do not use
if you continue to smoke, chew tobacco, use snuff, or use a nicotine patch or other nicotine containing products

Ask a doctor before use if you have

Ask a doctor or pharmacist before use if you are
a sodium-restricted diet
heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
high blood pressure not controlled with medication. Nicotine can increase blood pressure.
stomach ulcer or diabetes
using a non-nicotine stop smoking drug
taking prescription medicine for depression or asthma. Your prescription dose may need to be adjusted.

When using this product

Stop use and ask a doctor if
mouth, teeth or jaw problems occur
irregular heartbeat or palpitations occur
you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat

If pregnant or breast-feeding

Keep out of reach of children
Pieces of nicotine gum may have enough nicotine to make children and pets sick. Wrap used pieces of gum in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- if you are under 18 years of age, ask a doctor before use
- before using this product, read the enclosed User's Guide for complete directions and other important information
- stop smoking completely when you begin using the gum
- if you smoke 25 or more cigarettes a day; use 4mg nicotine gum
- if you smoke less than 25 cigarettes a day; use according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 piece every 1 to 2 hours	1 piece every 2 to 4 hours	1 piece every 4 to 8 hours

- nicotine gum is a medicine and must be used a certain way to get the best results
- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
- repeat this process until most of the tingle is gone (about 30 minutes)
- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
- to improve your chances of quitting, use at least 9 pieces per day for the first 6 weeks
- if you experience strong or frequent cravings, you may use a second piece within the hour. However, do not continuously use one piece after another since this may cause you hiccups, heartburn, nausea or other side effects.
- do not use more than 24 pieces a day
- it is important to complete treatment. Stop using the nicotine gum at the end of 12 weeks. If you still feel the need to use nicotine gum, talk to your doctor.
- if you are under 18 years of age, ask a doctor before use
- before using this product, read the enclosed User's Guide for complete directions and other important information
- stop smoking completely when you begin using the gum
- if you smoke less than 25 cigarettes a day; use 2mg nicotine gum
- if you smoke 25 or more cigarettes a day; use according to the following 12 week schedule:

Weeks 1 to 6	Weeks 7 to 9	Weeks 10 to 12
1 piece every 1 to 2 hours	1 piece every 2 to 4 hours	1 piece every 4 to 8 hours

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- chew the gum slowly until it tingles. Then park it between your cheek and gum. When the tingle is gone, begin chewing again, until the tingle returns.
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- do not eat or drink for 15 minutes before chewing the nicotine gum, or while chewing a piece
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- do not use more than 24 pieces a day
- it is important to complete treatment. Stop using the nicotine gum at the end of 12 weeks. If you still feel the need to use nicotine gum, talk to your doctor.

Other information

- each 2 mg piece contains: calcium 94 mg, sodium 13 mg
- each 4 mg piece contains: calcium 94 mg, sodium 14 mg
- store at 20 - 25°C (68 - 77°F)
- protect from light
- Distributed by Target Corporation
- Minneapolis, MN 55403
- Made in Sweden
- ©2010 Target Brands, Inc.
- All RIGHTS Reserved Shop Target.com
- *NICORETTE is a registered trademark of GlaxoSmithKline Consumer Healthcare, L.P.
- Not for sale to those under 18 years of age.
- Proof of age is required.
- Not for sale in vending machines or from any source where proof of age cannot be verified.
- This product is protected in sealed blisters. Do not use if individual blisters or printed backings are broken, open or torn.

Inactive ingredients

each 2 mg piece contains: acesulfame potassium, gum base, magnesium oxide, menthol, peppermint oil, sodium bicarbonate, sodium carbonate, xylitol

each 4 mg piece contains: acesulfame potassium, D&C yellow #10 Al. lake, gum base, magnesium oxide, menthol, peppermint oil, sodium carbonate, xylitol